IAC Ch 71, p.1

481—71.7(10A) Appeal rights. If an initial demand letter or other notice of adverse action is received by the debtor and the debtor wishes to contest the overpayment claim, an appeal shall be submitted to the recovery unit or to DHS. If an appeal is submitted, the repayment process shall be halted until conclusion of the appeal process outlined in Iowa Administrative Code 481—Chapter 10, "Contested Case Hearings," and Iowa Administrative Code 441—Chapter 7, "Appeals and Hearings."